

SPRING 1988

THE MONROE INSTITUTE BULLETIN

RT. 1, BOX 175, FABER, VA. 22938 • (804) 361-1252

TALENT SEARCH

Is your voice mellow and mellifluous? Resonant and relaxed? Warm and wonderful? Are your diction and pronunciation clear and accent-free? Can you read a script in a natural speaking voice with quiet, good-natured authority? If so, TMI's Audio Production Department may be looking for you.

Due to the welcome continuing growth of TMI in all its aspects and increased demands on Bob Monroe's time, we are happy to announce a talent search for other voices to narrate Hemi-Sync tapes.

If you're interested in submitting an audition tape, or know someone who might have the voice qualities we're looking for, write to The "BULLETIN" c/o TMI for script material and some tips on making a good voice recording.

TMI APPOINTS PROGRAMS DIRECTOR

TMI and Interstate Industries, Inc. are pleased to announce the appointment of David Mulvey as Director of Programs.

In this position, David will be responsible for maintaining the high quality of all our GATEWAY VOYAGE, GATEWAY WEEKEND, GUIDELINES, and H-PLUS programs -- including tape and program design, management and training of Trainers, program marketing, and handling the myriad of details that go into providing successful programs.

David has been with TMI since 1984, and has served in numerous capacities. He began as Coordinator of the GATEWAY EXPERIENCE in-home training program; he helped write and design the TMI brochure; has co-produced many of our Hemi-Sync tapes with Bob Monroe; aided in the design of programs; provides technical assistance for various programs; and he will continue to be a major writer and an editor for the "BREAKTHROUGH" and "BULLETIN" newsletters; and he has been training GATEWAY VOYAGE, GATEWAY WEEKEND, GUIDELINES, and H-PLUS programs in Virginia and on the road for over three years.

We are grateful to David for extending his services in support of our work, and look forward to a long and productive relationship.

ENERGY WALK AVAILABLE BY POPULAR DEMAND

Based on many requests, the Hemi-Sync tape "Energy Walk", long a part of our "Emergency Treatment Series", is now being made available as a single tape.

With the soothing sounds of ocean surf, soaring sea birds, and other peaceful sound effects as background, Bob Monroe guides you through a mental walk along the beach and suggests that you draw upon the energy of the Earth for balance and well-being. You are then guided into natural, restful sleep to further the process begun on the tape.

"Energy Walk" is available for \$12.95.

QUARTERLY TAPE ANOTHER "PLUS"

Due to the many positive responses The Monroe Institute (TMI) has received resulting from the mailing of last quarter's Membership tape (the H-PLUS (for HUMAN-PLUS) tape "Reset"), we are following suit this quarter.

H-PLUS is a powerful training system designed to cumulatively enhance our abilities to gain and maintain total conscious control of our physical, mental and emotional functions. Unlike the GATEWAY programs, H-PLUS addresses the issues of here and now -- it confronts the challenges of being human. Each tape provides an opportunity to master one aspect of life.

This quarter's tape to our Membership is another sample of the H-PLUS program. Side one contains the H-PLUS "Prep", a unique combination of Hemi-Sync signals which establishes an "access channel" through which the Function exercise may be inserted into your Total Self. To be effective, it is important that you use the "Prep" before the Function exercise. Eventually your access channel will automatically open with any new H-PLUS Function exercise without the use of the "Prep" tape, and use of the "Prep" tape will become unnecessary.

Side two contains a Function exercise called "Attention". The purpose of "Attention" is to allow you to immediately focus all of your senses and all of your mental processes into one area of activity. Each Function exercise introduces its own "Function Command" which, when used in the course of daily activities, will activate the Function. The Function Command for "Attention" is "Plus - Focus". After you begin working with this tape, any time you wish to activate the "Attention" Function, take a deep breath, say to yourself, "Plus - Focus", and exhale as if you are blowing out a candle.

The effects of H-PLUS are cumulative. The more you use the Function, the more proficient you become, and the more HUMAN-PLUS you will be. Practice is fundamental to your mastery of any H-PLUS Function because intermittent and non-committal use will dilute its potential.

When listening to this tape, be sure to use stereo headphones in a comfortable environment free from interruptions. This sample tape is provided for your own, personal use. Once the Function is firmly in place we recommend you pass the tape and instructions along to someone who desires and needs it.

Your comments and suggestions are appreciated. For more information contact Shirley Bliley, H-PLUS Coordinator at TMI.

Florida
March 26-17
April 23-24
May 21-22
July 23-24
October 8-9
contact **Franceen King**
813/971-8808

British Columbia, Canada
March 19-20
contact **Gabriele Wichert**
604/365-2294

REACHING OUT EXCURSION WORKSHOPS SCHEDULED

The GATEWAY OUTREACH (GO) program is a network of accredited GO Trainers throughout the United States and other parts of the world, who offer 2-day Hemi-Sync workshops called EXCURSIONS. The EXCURSION allows participants to experience levels of consciousness through Focus 12 - the expanded state of awareness. Combining taped exercises, group discussion, workbook exercises and short lectures, the EXCURSION provides an opportunity to become familiar with the Hemi-Sync technology and to build a repertoire of tools and techniques which can be integrated into one's daily activities.

The following EXCURSION WORKSHOPS are scheduled for the next few months:

Bay Area, CA
March 12-13
April 23-24
June 11-12
contact **Margaret Buck**
415/945-1441
415/283-5175

FEEDBACK

We at TMI enjoy sharing with readers of the "BULLETIN" ways in which people have used Hemi-Sync to make positive changes in their lives.

Biting Commentary

Henry Marzell writes:

"For many, many years I have been plagued with a habit, persistent and more than annoying, of biting the inside of my cheek. I have feared that the constant irritation might cause cancer, disfiguring, etc. I tried self-hypnosis, dental work, trying to keep part of a toothpick inserted between my teeth, etc. I even played a game with my grandson, giving him a dime every time he caught me. I had to stop that to remain solvent.

Unbelievably, after two tapes ("Discovery #1" twice), I noticed that I was not biting. There is a calm feeling in my teeth and jaw and the absence of the desire that always returns. Naturally, I am continuing (the tapes). I did the second tape and I will repeat it today. I hope that this is not just a temporary respite, but I have a feeling that it will not recur. For this I am really grateful."

A Test of "CONCENTRATION"

Ted Distad writes:

"I'm a relatively young retiree after 26 years with state government... it became necessary to think about trying some other endeavors to generate income. One such was a sudden decision to obtain a state license to sell insurance.

Initially, I had about three weeks to study before the next state exam was to be held. I was still more interested in other things, however, (and, I'll admit, I'm a procrastinator by nature) so I kept putting off my study.

One Saturday evening my oldest son (he's one of those together individuals who manages time well) inquired how soon I had to take the insurance exam. I checked and discovered the exam was scheduled for the very next Monday! He assured me I might as well forget the test -- I'd never be able to study and remember a manual of 190 8-1/2" x 11" pages in that amount of time (he loves to give his old man a hard time). Although I wasn't overconfident, I told him I was going to give it a shot anyhow.

I hit the sack early that night, and the next morning (Sunday), I went to our meditation room, closed the door, and began studying at 9 a.m. By 1 pm., I was beginning to lose my ability to concentrate. At that time, I put the "Concentration" tape into my continuous tape player. With a few shorts breaks for food (and much coffee), I finished the book at 3:05 am Monday morning. Then it was sack time for 2 hours... about 6 am I had to begin the 4 hour trip to the state capital to be on time for the test.

I was one of the very last to complete the test (I had to keep going into Focus 10 and 12 to recall the information), but I completed it. Two weeks later, I was notified that I had passed with an 86!

As far as I'm concerned, this is a real testimony to the benefits of mediation, the whole brain system of Hemi-Sync, the GATEWAY program, and the excellent design of the "Concentration" tape. Because of (the tape), I maintained my concentration for 18 straight hours. As a GATEWAY graduate, I knew how to quickly go into brief meditation and recall information. I works for me!"

WEST COAST MEMBERS OFFER SHARING SESSION

Gateway graduates, Steve and Arlene Langley, submitted the following open invitation to "BULLETIN" readers:

For those who would enjoy sharing their experiences and ideas with other TMI members, Steve and Arlene Langley are organizing a "sharing day" in the Los Angeles area. Anyone wanting to talk with others who have been to TMI, please write or call: 77 Highland View, Irvine, CA 92715 (714) 854-2050.

GO KUDOS TO OUR TRAINER OF THE QUARTER

One of the advantages of Hemi-Sync is its compatibility with the myriad of disciplines, training programs and psychotechnologies available in the world today. No group is more aware of the benefit of Hemi-Sync as an adjunct tool than TMI's GATEWAY OUTREACH (GO) Trainers.

Randy Hayward, this Spring's GO Trainer of the Quarter, has utilized the opportunities inherent in merging Hemi-Sync and other systems of human development since his accreditation as a GO Trainer in May of 1986. Randy's extensive studies and professional skills in Hemi-Sync, business management, sales, fine arts and performing arts, Neuro-Linguistic Programming, Rolfing, Biofeedback, herbology, massage, Shiatsu, Whole Brain Learning, Silva Mind Control, Reiki and Transcendental Meditation provide an invaluable structure to support his stated objective of, "aiding individuals to reach their highest potentials, and to go even beyond that."

Randy's busy schedule keeps him on the road most of the time, offering the EXCURSION and other workshops throughout the Michigan area. His incredible energy, considerable knowledge, and desire to contribute to the well-being of his clients make him an excellent GO Trainer. Our sincere thanks and congratulations to you, Randy, for your resourcefulness and dedication.

Randy Hayward may be reached by telephone at: 616/385-2119

REFLECTIONS "Unlimitedricks"

John Dumais (a GO Trainer in Boston and a Trainer-in training for the GATEWAY VOYAGE in Virginia) attended the inaugural H-PLUS Intensive last October. During the program, John composed some "Unlimitedricks" for the group's (and now your) enjoyment.

One week did they spend in
October,
With hopes human ways would be
over,
They succeeded at last,
Drinking ten rounds real fast,
While remaining entirely sober!

All day and all night do we practice,
To get to the channel of access,
No cloning we'll need,
To start a new breed,
Just inhale -- say "Plus Homo
Maxis!"

SIXTH ANNUAL PROFESSIONAL SEMINAR

Many thanks to all of you who have inquired about the 1988 Professional Seminar.

While we are pleased to report that membership in the Professional Division has increased substantially since the Seminar last August, in order to accommodate all of the Professional Members at the Center who wish to attend this year, we will be limiting attendance to Professional Members only. We look forward to keeping you informed of the activities and events of the Seminar through the "BREAKTHROUGH". Additionally, an edition of "BREAKTHROUGH" will focus on the progress of the special group projects initiated at the 1987 Seminar.

As always, we welcome your participation in the Professional Division. For applications and information, please contact Leslie France, Director of the Professional Division at TMI.

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**FRIENDS OF TMI
RAISE OVER \$20,000**

Our deep appreciation and gratitude are extended to the many Friends of TMI who are generously responding to our request for funding last winter.

Your contributions are enabling the Institute to begin the process of upgrading and expanding our laboratory facilities. As Bob stated in his letter, *"It is apparent that our culture is now on the threshold of a vast opportunity as the evolutionary paths of consciousness and technology move toward convergence. We are in a unique position to move through this window of opportunity."* Thanks to your donations we are drawing nearer to the window. Immediate plans include the procurement and installation of more sophisticated audio and monitoring equipment. We will continue to update you on the lab progress.

In response to our November letter, as of February 19, 1988, the following Friends of TMI have lent their valuable financial support toward the success of this project. (If you submitted a donation in response to our November fund-raising letter and your name is not listed, PLEASE make us aware of this oversight and allow us to correct it):

Phyllis Whitney Jahnke, Puget Sound Medical Investigators, The Record Bar, Inc.

Mark B. Allen, Lance J. Bibin, Muthusami Kuppusami M.D., Howard W. Mitchell, Charles Murphy, Bernice A. Stevens, Grey Woodman M.D.

Michael Bibin, Richard & Joanne Casey, Marie Coble, David Debin, Dan & Leona Dolan, P. Haines Ely M.D., Tde Folleville, Elizabeth Friel, Lloyd & Lois Gowen, Derick Hanlan M.D., Judith Haber, Bjarte Haugsdal, Sam Hicks, Robert Horton, Baron J.L. de Jalant, L.T. Jehle Jr. M.D., Ima Anita Jones, Michael W. Kindle, Steve & Arlene Langley, Scott E. Leach, Herbert & Alice Loebel, Paul MacMahon, Jeffrey P. Marcous, Timothy T. Minogue, Phillip & Rachael Miller, Phyllis & Warren Martin, Josef Montag, Carole M. O'Connor, P.G. & Mary Olson, Charles Parks, Ghislaine Pasteur, Sylvia B. Perera, Roger N. Pesch M.D., Elizabeth B. Pinto, M.T. Poldervaart, Richard L. Racette, Roger G. Reckis, J. Jerome Rinaldi, Jack O. Scher, Sheldon I Dorenfest & Assoc. LTD, Wesley S. Shreve, Michael & Renee Sinjem, John T. Staples, Mary W. Smith, C.L. Stehle, Robert W. Stephenson, Whitley & Anne Strieber, TBC Investments Inc., Herman Thallarson, Gordon Waugh, Louis & Susan Weir, J. Frank West, Mary Jo Whidden, Donald J. Wilhelm, Allison L. Williams, Laura M. Wulfhorst, Ronald & Helen Yeomans, Gil-Won Yoon

Mary Alfieri, Frances E. Anderson, Mr. & Mrs. D. Antico, Barbara Babicz, W.F. Barker, Raymond S. Baxter, Daniel M. Beal M.D., Robert W. Bedeau, Joan E. Bennett, Carla & Henry Bernstein, Audrey H. Bershen, Kenneth & Charlotte Bingham, Robert V. Blake, Frederick & Joan Boesvert, William J. Boone, John S. Bowen, Peter Bowery, Edythe & Fred Boyd, Robert E. Bray, C.P. Breed,

Joyce A. Breen, Judith Brett, Robert Brice, Michael F. Brickey, Jack Brightwell, Lee Bruder, Ronald & Mary Bryan, Leonard & Karen Buchholz, Robert T. Buhrman, Deutsche Bundespost, Davis Bunn, Frances R. Burnett, Dessa J. Burrell, B. Cadman, Robert B. Calkins, Don J. Campbell, Chris Carron, Anne T. Carraway, Mark & Dawn Carter, Clive & Edith Cherry, Emmy Chetkin, Craig Childs, Dale Cloteauz, William & Carol Coleman, Kelly Conforti, Thomas A. Conner, Marilyn S. Considine, Edward P. Cooney, William H. Corey, Barrett W. Couper, Mary Louise & John Cox, James S. Cross, Robert & Geraldine Curran, Kirke S. Curtis, Aurora Daniels, Robert Darling, Doyle Darragh, Patrick J. Davis, Linda Rose Beck DeCou, Edith G. Delatush, F. De Vries, Ottavio Donofrio, Craig De Forest, Peter De Ruyter, Shaun DeWarren, Helen Planter De Witt, Adele Dionne, Margaret Dohring, Rush S. Domin, Ottavio D'Onofrio, Donna Douglas, John Doyle, Lewis Dreisbach, Steve Dunham, Penelope H. Ebbitts, Amos Edelheit, Moses & Susan Edelstein, Steven & Sandra Eisenberg, Carol Bentley-Ely, Daniel & Denise Erway, Norma Estrada, Bill Fassbmdon, Ken Feather, Dale J. Ferrel, Edwin & Janet Fitzgerald, Eleanore & Bernard Fitzgerald, William A. Fitzhugh, John F. Fitzpatrick, Eilliot J. Fleming, Robert J. Flower, Eleanor S. Franquez, Han Franssen, L.W. Franzheim, Chesley H. Frum, Edward L. Frye, Jeffery A. Fulljames, William E. Furlow, Gerda Gallob, Gerard Garboushian, Marilyn Garrison, Jose Gastanaga, Jackie & Deann Gathwright, Van Mark Gemmell, Deborah M. Gillen, Arthur E. Gladman M.D., Ronn Gladwin, Bernd Globig Patricia A. Gordon, Janusz W. Grabowski, L. Daniel & Mary Gray, Geraldine & Earl Graziano, Michael Groh, Maram L. Hakim, Donald & Mary Halagan, Richard A. Haldern, Connie Haley, Lutz & Rahemoon Halfmann, Jack L.

Hallberg, John Harbutt, K. Harker, G.R. Harland, Lee Stang Harr, Desi J. Havasi, Mike & Roberta Hayden, Don Hedgepeth, Tod B. Herman, Frederick J. Hilzinger, Michael Hobart, John G. Hodges, Linda & Mark Hodgson, Charles & Lou Hollingshead, Kay Holloway, Dick W. Hooker, Michael Horwitz, Ursula E. Houser, David B. Howard Jr., Gary & Meira Itzkowitz, Ester Ivanir, Roger & Judith Jacobs, Nihar Jhaverti, Pauline Johnson, Brenda A. Jones, Louise Coleman Jones, Olaive B. Jones, Allen Josephs, Christopher Joyner, Paz Kabat, Bette M. Kaiser, William S. Keefe, JoEvelyn & John Kellen, Von & Susan Kobzev, James B. Kirgan, Anna L. Kitchen, David & Carol Kitts, Lee & Jenny Kleese, Arthur J. Knabel, John & Anna Marie Knowles, Richard & Ann Knowles, Steve R. Kolasinski, Lorelei A. Krebs, Adelaide Kuhni, Joseph & Dorthy Kuhns, Jim Lamorbux, Brian G. Lane, Gregory & Cathleen Lapkoff, Ross Lasater, Laurie F. Legg, Isabel Letelier, John I. Leverett, Meynard Levinson, Edward Lewis, Richard K. Livett, L. Michael Long, Joan K. Loomis, William & Kristin Loomis, Claudia P. MacGruer, Guy Maluda, Clarence M. Marcus, Don & Carol Marr, Toni June Martin, Henry & Miriam Marzell, A. McCarthy, John McConnaughy, Ramon McGee, Phyllis & Dave McClure, Wayne M. McDonnell, Joe & Nancy McMoneagle, Paul & Mary McNutt, Mark McWiggins, Clyde McWilliams, Sylvia Mendez, William L. Meyer, James J. Minot, Eleanora W. Moloy M.D., J. Moore, Steve & Erika Morgan, Sarah Nelson, J.A. Nestlerode, Angela & Jerry Neumann, K.R. Nilsen, Mark Ober, Jeffery E. Offner, Tim Olson, Eugene Orrico, Andrew & Jody Page, Alice Anne Parker, Clayton C. Patrick, Ken Paul, Robert Pearson, Elsin Perry, Frank Pisarek, Tom & Helen Pollock, Arnold & Phyllis Popkin, Joseph Prewitt, Janie & Ralph Price, Vince Joseph Procopio, Shirley B. Purdy,

The H-PLUS INTENSIVE, a 6-day program, provides practical mental tools (called Functions) for a more effective, joyful life here and now, in this physical reality. H-PLUS (for HUMAN-PLUS) includes hands-on training to achieve conscious control of your total self -- physical, mental and emotional.

Programs available: April 16-22, June 11-17, October 22-28 Contact Helen Warring, Registrar

RENO, NEVADA HOSTS TMI PROGRAMS

The Joy Lake Mountain Seminar Center near Reno, Nevada will be hosting a GATEWAY WEEKEND, a GATEWAY VOYAGE, and an H-PLUS INTENSIVE in 1988. The dates for the WEEKEND are May 27-29, for the VOYAGE May 30-June 5, and for the H-PLUS INTENSIVE September 2-8.

Joy Lake is located in the rural Sierra foothills 20 miles south of Reno and boasts a quiet forest setting, a man-made lake, foot paths, llamas and peacocks.

For reservations and/or additional information contact:

Alan Morvay, Director
Joy Lake Mountain Seminar
P.O. Box 1328
Reno, NV 89504
702/323-0378



